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THE GREATEST
ACCOMPLISHMENT
OF MAN

VIOLA BROWNING



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THE GREATEST ACCOMPLISHMENT OF MAN

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The Greatest Accomplishment of Man

BY

VIOLA BROWNING



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DEDICATION

To YOU on earth now, and YOU to come;
irrespective of race, creed or conviction;
To YOU who feel heavily laden;
To YOU who 'Hunger and Thirst After
RIGHT-USE-NESS'; and
To ONE and ALL, "LEST WE FORGET":

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“SPRING”

Spring, when the golden sunshine
 Bursts through the clouds of grey ;
Urging the weary traveler
 Up again, on his way.

Flung to the winds are sorrows,
 Washed by the rain, each care ;
Dainty and fragrant blossoms
 Filling the fresh, warm air.

Spring, with its mystic forces
 Never to fade away,
Spring, touching earth with Heaven ;
 Spring in my heart, today.

VIOLA BROWNING

The Greatest Accomplishment of Man

Introducing a series of discourses in
DISCIPLINE OF THOUGHT

Every one in this world of ours, no matter how low he may have fallen, has a desire somewhere in his soul, hidden or evident, to do right, to play this game of life fair and square and be happy. Every soul has the power to do this, but how many of us take advantage of this great power of ours; how many of us use it? Very, very few indeed; disgracefully few, and why? 'Tis very simple; so simple that we overlook it. Bear in mind, I mean the answer is simple; not the carrying out of the answer, which is "Play square with yourself."

You may now say to yourself, "This is a most easy, most natural accomplishment, but if you THINK you will see that it is the most difficult, and consequently is the greatest accomplishment of man.

There are those of us who exert every effort toward making a success in a certain line, such as the doctor, the lawyer, the banker, etc. All well and good. This so called success is reached, must be reached, and then what? Most of us stop, disappointed, weary, because with success we expected happiness, and it did not come. Why when we are nearing the goal of our ambition, or have even reached it, do we find it so different from that goal which our soul cried for? Because we spend every atom of our accumulating energy upon reaching a mirage,—cool looking and beautiful from the distance. We lower our heads from the hot beating sun, plow through the sand, our parching lips

crying for water, but no,—we dare not stop nor seek water, for SOMETHING WITHIN US tells us that the mirage might vanish, but we do not understand; we go on and on and upon next lifting our eyes, find merely the same hot winds, the same burning sands through which to travel.

Now had we known what this something within us was, what it meant when it whispered from its hidden depths that our mirage might vanish, many hard steps might have been saved us. Had we recognized this great consciousness of all power within us and acknowledged it when it gave us a doubt; had we stopped a few minutes to think, to look around, we would have undoubtedly found many cool spots in which to gain strength, and if the mirage, the false god of our goal had vanished then, though we suffer disappointment, we would know that it would have vanished eventually, for EVERYTHING REAL EXISTS FOREVER; everything material and spiritual lasts forever. It may fade and change its form, its unreal form, beaten around by environment and circumstances, but as science (deep thought) has proven, not even the vapor of a burned candle is destroyed, but weighs identically the same as the candle before burning. So we see that the more thought one gives to real things, the more distinctly they appear to his view. Let us then think, think and think, even until our minds may seem to hurt, for this seeming hurt will be the greatest God-send attainable.

Even as a foreign body is painfully cut from your flesh, take from your mind all false idols; know real gold from fool's gold; then seek and you will find. Know that every base thought or action, such as envy, deceit, selfishness, jealousy, hatred, etc., brings upon one its own punishment, its own degenerating effect, and until you can stifle these emotions, real success is at the end of a long road, but it is there nevertheless, and these emotions can be overcome merely by cultivating their opposites, such as determination, truthful-

ness, unselfishness, forgiveness and Love. These, after all, are the strongest. Just give them a chance. Let us guard our every action, our every word, our every thought. Let us use all of this great God-given power of ours to become a Real success, and who can say that it is easy; who can say that it is impossible; who can say that it is not THE GREATEST ACCOMPLISHMENT OF MAN?

DICIPLINE IN THOUGHT

LESSON NUMBER I.

(Mentalizing the Physical Body)

"MIND THROUGH MIND SUBDUES THE UNIVERSE."

Perhaps you already understand something of the functioning of the different phases of the mind, and perhaps you have not as yet made this a study, so in order to be sure, or on the safe side, I shall first give you a little insight into this great realm of study.

We all recognize what we call our conscious mind, i. e. this knowing that we know, or thinking that we do not know; the only plane which many of us recognize. But there are many others, of whom perhaps you are one, who probe deeper into the thought, and recognize what is sometimes called the subconscious mind, and still others, the superconscious realm. This stratum of mind commonly called subconscious, is among other things our mental storehouse. Oh, yes, we have many, many thoughts stored away, which we have forgotten consciously. For instance, when we were babies, or even things of later years, they have all, each and every one, made their impression on our minds. And still further, all the instincts of heredity and race thought are impressioned there. Also, whatever mental conditions we have passed through previous to this earthly existence, are all impressioned and recorded there.

Hence the great difference in us all, though some of us are born and raised under practically the same conditions.

"AS A MAN THINKETH IN HIS HEART, SO IS HE."

Now the point to be reached here is this: First, most of this race thought which we bring through with us is *negative*. Are you sure you know what I mean by negative thought? This is important and needs careful explanation. This expression is too often misunderstood. In fact, the expressions "Negative" and "Positive," are oft times confused with the expressions "Active" and "Passive," which have entirely, though subtly different meanings. Some psychologists and students have classed the feminine gender as negative, and the masculine gender as positive. This is not an absolute truth. They intend to convey the meaning that the feminine gender of anything is the passive, receptive, nourishing gender, as Mother Earth for instance; while the seed, the masculine quantity placed there is the active, creative form.

Now to explain the fine and real meaning of the expression negative, in this connection.

Anything good is positive, while anything less is negative.

Faith is positive;
Fear is negative.

Love is positive;
Hate is negative.

Joy is positive;
Sorrow is negative.

Forgiveness is positive;
Jealousy or anger is negative.

Light is positive;
Darkness is negative.

Hope is positive;
Despair is negative.

Since the greatest portion of the thoughts stored in our subconscious minds has been negative (our sorrows are proof of this) HOW TO MAKE THE GREAT CHANGE is the question at hand.

This may be explained clearly in the following manner: Say you have a bottle of ink, and you wish to fill it full of clear, pure water. If you could not turn the bottle upside down, how would you change the contents? Of course, start pouring in the clear water.

Do you see this is exactly what we must and can do with this great storehouse of ours. Pour, pour in the positive good thoughts which will thus crowd out and obliterate the negative ones.

Does not this make you wish you had started before? It sounds very easy, but takes discipline, and is ultimately the key to Heaven.

These stored away impressions or thoughts, you see, make up the individualities, the attitudes toward life, in fact, create the fibre of the soul, and if ignorantly controlled, it is little wonder that we find ourselves in a wilderness of few hopes.

One of whom you all know once said:

"KNOW YE NOT THAT YE ARE THE SONS OF THE LIVING GOD?"

"YE ARE THE TEMPLES OF THE LIVING GOD."

He tried to tell us then how to think constructively, Truly, but somehow "Narrow is the Way and few there are who find it." Yes, but there IS a right path, a Way to happiness, and one by one we find it.

Are you ready to be one of the few, dear soul, who start on this pathway NOW? You are if you but start by taking five minutes a day, maybe ten or fifteen, and follow these instructions.

How to pour in these positive thoughts:

Sit down in an upright posture if possible, and starting at the top of the head, RELAX. Let go of any tension of muscles of eyes, jaws, neck and head. Let lower jaw loosen, shoulders rest, muscles of arms and hands loosen; then chest, solar plexus (abdominal brain), thighs, knees, calves, feet. RELAX. This is very easy to do, yet is a great accomplishment, as it gives more physical rest in a few minutes than some people ignorant of this law, gain in years.

Next, we use the law of Concentration, also a simple but great, and oft times misused law.

After relaxing body completely close eyes and THINK IN, that is, turn your thoughts from external

objects, and imagine you are looking within. The simplest effort is a good beginning. Now I want you to silently talk to yourself; call yourself by name, and tell this mind, this great God-given servant of yours a few truths.

No matter what the external appearances SEEM to be, for these few moments, at least, admit the Reality. If you are deeply and sincerely interested it shall soon be explained to you something of this REALITY; but let the words of Jesus the Christ, Confüssius, Krishna, and all other great souls, if you have read of them and their Christly lives and works, help you to feel for these few minutes each day that you are affirming the truth when you say:

“I AM—ALL LIGHT”
“I AM—ALL LOVE”
“I AM—ALL JOY”

“I AM A RADIANT PRESENCE OF DIVINE
LOVE, LIGHT, WISDOM and POWER.”

Repeat and affirm these facts to your inner self after resuming meditative attitude, then LET GO(D) absolutely, and go about your daily affairs and as surely as you exist the ink bottle will have begun to be cleared.

It is a very, very good idea to discipline yourself to a few minutes of this concentration, or meditation, before arising in the morning, and the last thing at night. If you go to sleep, during the meditation, you may reach, in the dream state, many hidden mysteries which will aid greatly in the growth of the soul.

This is really a prayer of thankfullness, call it what we may, and after all is not such a prayer the only real prayer? To admit goodness in the face of every doubtful appearance, in the face of the darkest storm, in the face of desolation and despair; this will in time surely fade the deepest Hell into Heaven.

“THE KINGDOM OF HEAVEN IS WITHIN.”

Admit It, Realize It, and thereby allow its light to sift through your outer consciousness to guide, guard, protect, heal and comfort you.

Yea, "THE PEACE THAT PASSETH ALL UNDERSTANDING," is awaiting you, is WITHIN YOU.

Nothing stands between you and happiness, between you and God, but yourself, (the doubting, fearing self). Let us clear away this negative thought, and work in accordance with His will.

Wisdom lies in knowing what step to take next. Success lies in taking this step.

Let us remember this and give ourselves a chance.

* Regarding the word Negation: Among other accepted definitions of the word 'negation' is this applicable one in regard to photography: "A photographic picture on glass in which the shades are the opposite to those in nature."

DICIPLINE IN THOUGHT

LESSON NUMBER II.

(*YOU and I*)

It will be well to next take into consideration the attitude of mind oft times taken by those just commencing to give this line of study their serious thought and attention.

Many times when one first commences to recognize or affirm, in the foregoing manner, the underlying element of good in our beings, and thus commences consciously to refill and reclean the stratum of mind we have called "The storehouse" of previous experiences, thought, etc., it often appears to the reason of such a one that these statements or affirmations are not only contradictory, but sometimes seem to be most untrue.

This thought must be dealt with as in order to gain the most rapid progress in discipline of the mind it is necessary always to maintain a logical view point, since Truth is always sweetly simple and reasonably logical when understood.

Very often precious souls who glimpse a vestige of truth in some line of study, try to "swallow" the entire presentation, or accept the "theory," or so-called proven fact in its entirety, without first making sure that they are understanding, or "digesting" such thoughts bit by bit. Truth is always digestable or understandable if presented in the proper manner, and misunderstood principles are oft times presented as Truth in all sincerity of purpose. Therefore in the event that certain research should prove to be bewildering, it is not provable truth to the reader at that time and should not be practiced or dealt with until understandable. At least, let us say, it is best for one to

not delve too deeply into philosophies unless he is able to reason them out as he progresses and is thus ready to only accept that which he can prove to himself to be true.

Thus it has been said that "A little philosophy clips angels wings" and the truth herein lies in the fact that a little philosophy misplaced and thus misunderstood, hinders the desired expansion of the soul as it then tends to confuse.

"GOD IS NOT THE AUTHOR OF CONFUSION BUT OF PEACE."

Therefore, that thought which brings peace to the mind and heart, that thought let us encourage, that form of study let us pursue.

Hence, each one must use his own intelligence in this matter, in as much as what seems to be clear and beautiful to one may be seen in an entirely different light by another, at his stage of understanding; so, *individually* let us pursue this study, without trying to force any unasked for opinions on others, but through daily practice of the principles of correct thinking, to be further explained as we go on, we will be letting our "Light so Shine" that we shall be glorifying the Father "Which Art in Heaven," and thus, effortless as the sun shines, will we radiate joy and de-Light about us; yes Everywhere!

So, with each reader "Listening in" to the dictates of his own heart, his intuition, his conscience, or as it has been termed, "The Wee Small Voice," we are safe to continue on,—practicing only that which is understandable, and in this connection let us now segregate and analyze some of these seeming untruths; such as affirming to ones-self: "I Am All Love," when outwardly the affirmer's conscious mind, (and let us think of this conscious stratum of mind as the "door-keeper" to this aforesaid "storehouse") is perhaps telling you that you strongly dislike someone, or perhaps even seem to "hate" this or that person or thing. Your useful, capable and necessary "doorkeeper" perhaps

tells You this. YOU . . . and herein lies the great reason for our study, yes, the reason for all things; this *YOU*, which we must gradually become to know.

"KNOW THYSELF AND YE SHALL KNOW ALL THINGS"

"KNOW THE TRUTH AND THE TRUTH SHALL SET YE FREE"

But, dear readers, let us go about this precious attainment, or revealment of self in a wise and safe manner, and not as if we were pinning a butterfly to a card to be able to study its make-up. For such a way is merely killing the "goose that lay the golden egg." Let us not be merely unduly curious about these great things, but rather intelligently, sanely anxious to be a Knower: TO BE FREE.

In this regard all that is asked is that we tread carefully this flower strewn path; that we, as children verging into this vast unlimited area of beauty, learn to crawl before we try to walk, learn to walk before we attempt to skip and run, as all must come about naturally that we may avoid destructive or unnecessary falls, stumbles and scratches in this glorious garden of understanding.

This naturalness of progress can be easily or difficultly accomplished in accordance with the dilligence (and in this dilligence we cannot be too aggressive) with which we strive to discipline our thoughts; i. e. to guard and direct with intelligence and knowledge the "doorkeeper" of our "storehouse," that no truant, unreasonable nor unreasoned suggestions or thoughts may gain entrance into our being: INTO OUR STOREHOUSE OF THOUGHT, FROM WHICH SUBSTANCE IS BEING MOULDED THE MUCH DISCUSSED PERSONALITIES, THE TRAITS OF CHARACTER, YES, THE FIBER OF THE SOUL, AND INEVITABLY THE DEGREE OF HAPPINESS WHICH THE GREAT ALCHEMIST DISTILLS FOR US FROM THE MIXTURE THUS PRESENTED TO HIM.

Let us not blame our Creator if through misuses and misunderstandings, through having wandered from the pathway of roses, some of the said "storehouses" have been filled with weeds or discarded waste matter, which in this presumably enlightened day and age, should have long outgrown its usefullness, and from which it has ignorantly been expected that the perfume of happiness could be distilled. Nor again, let us not blame anything nor anyone, nor even ignorance, and least of all our "doorkeeper" or thoughts, because: "THE ALMIGHTY IS OF NECESSITY ALL POWERFUL, ALL WISE, ALL GOOD, and as we see more and more clearly, we shall begin to understand the why and wherefore of all these things.

Herein it should be explained that it is not necessarily the purpose of this study to endeavor to uphold our Creator, for God IS, is perfection beyond mere mortal conception, but let us aim to become more in harmony, more in conscious Oneness with this good of God, with God, for our own sakes, that is all. And as we have said, for our own selves includes all, as only by letting our light shine can we be as light to all things.

In proving to the reason of the conscious mind that the affirmations, which, it is assumed, the reader if pursuing the course of instruction to this point, is commencing to give a fair chance, such as "I Am All Love," etc., as referred to, are logically true in spite of the apparent contradictions, let us consider for a moment the "I" or "I Am" which is making these assertions. It is surely not merely the mental "doorkeeper" nor mental "storehouse" of you, neither is it the present mental result of the two nor the soul of you, which is thus affirming, but rather it is YOU.

YOU Have your mind, your soul, your many glorious attributes for correct usage, that YOU may not only Be, but may Perceive and enjoy all things, know real happiness, but YOU are that which IS, which is One with your Creator, and as "God Is Spirit," let us

understand more clearly what the great perfected soul of Christ meant when He said:

"I AM IN THEE AND THOU ARE IN ME"

"I AM IN THE FATHER AND THE FATHER IS
IN ME"

When He thus spoke of "Thee" did He not speak of the You, the I of you, which is eternal, which understands all things? And is it not clear to our logic that where there is understanding there is no room for hatred, else the entire great scheme of things would all have been in vain.

This Real You, when you are happy or at peace with all creation, has therefore been allowed to shine through the mists of constructed fear thoughts, negative auto suggestions and misunderstandings and will through persistent Recognition, shine throughout your being constantly with the Light of the Spirit upon the clouds of outer discomfort and dis-ease, disembrating and dissolving these outward conditions into understanding and light, even as earth's sun does, throughout the ages, to the earth's clouds.

This conscious recognition is necessary in as much as it *de-hypnotizes* you, awakens your conscious faculties to the Reality which has always been but which, as children of the Spirit, we have disregarded for a time, in spite of our inner guidance and warnings, only as a child sometimes disregards its guidance and touches a hot stove, only to be hurt, but incidently learning a great lesson.

So you see, the real self of you is directing your efforts now, in spite of all handicaps, all soul strengthening obstacles, in spite of what is rightly called "Hell" itself, to awaken your mind throughout to a recognition of the Light within.

And through contact with such past misunderstandings, negation or "evil" have you learned to know, to perceive more fully the worth of the Light, of Joy, of *GOOD*, for *GOD IS GOOD*.

Therefore, in continuing systematically each day, as explained, preferably each night and morning, and whenever possible even audibly, (which advantage will be explained in the lesson on Vibration) . . . these apparent truths :

I AM—ALL LIGHT

I AM—ALL LOVE

I AM—ALL JOY

I AM A RADIANT PRESENCE OF DIVINE LOVE, LIGHT, WISDOM AND POWER and any other quality which the individual may feel in especial need of, such as:

I AM—ALL HEALTH

I AM—ALL STRENGTH

I AM—ALL PEACE

I AM—ALL PLENTY

Stress should be laid upon the necessity of Letting "Go (d)." . . .

This act of not mere blind faith but knowing trust, can be most easily accomplished by realizing, remembering and affirming, in conclusion to your true prayer of thankfulness, of courage and of wisdom:

IT IS SO, (or AMEN, or OM,) because it is apparent that GOD IS, . . . IS GOOD, . . . IS NOW . . . that ALL TIME IS GOD'S TIME AND GOD'S TIME IS NOW, therefore IT IS THE SPIRIT WITHIN,—OF ALMIGHTY GOD WHICH DOETH THE WORK IN HIS ALMIGHTY WAY.

Conclude each period of meditation with this thought and a peace and rest and joyous exhilaration will come into your consciousness, permeate your being, which will need no further testimony.

Also, in a seemingly miraculous manner, your affairs of daily existence will become adjusted and the ruffled waters of your sea of consciousness will become calm and clear that you may further see into the depths the glorious meanings of life shining there.

We can now confidently and in growing understanding pour into our mental "storehouses" these true and

real thoughts which are commencing even now to dissolve, disembrace and disqualify the lesser powerful thoughts (lesser powerful because of their unrealness), and to plant seeds of peace and joy in the garden of the heart, which seeds are even now beginning to expand and grow, being nurtured by the warmth of your wisdom and the gentleness of understanding.

And soon, according to the diligence and care with which you "Give Yourself a Chance," by being constant in your moments of realization, and regular in your practice of thought discipline, will you be ever dwelling in a world of *Good*, of "Peace Which Passeth Understanding."

Let us continue, faithfully to keep our bodies fit temples wherein *Good*, may dwell, and gradually the habit will be formed, the groove will be made in our brains through which good and only good will travel.

DICIPLINE IN THOUGHT

LESSON NUMBER III.

(“POLARIZATION” OF THOUGHT)

It has been said in the previous lesson that the negative thoughts are the “unreal” thoughts.

In explanation, let us take for instance a dream: A dream may be very real at the time it is being experienced, may too, have a wonderful purpose, a prophetic or otherwise useful meaning, but, in that you awaken from it, it is termed as “unreal,” and so it is with thought.

The negative thoughts of illness, (dis-ease) fear or lack may seem tremendously real while being experienced, but since we can and eventually must awaken from these states of imperfection, we may in the same manner, term them unreal.

We are well on the way now to such an awakening.

The term Polarization has been wisely used in depicting the close relationship all things bear to each other and thus enabling us to Polarize our thoughts to the right end.

Let us here draw a mental line or pole, vertically. At the top of the pole let us write the word “Light” and at the bottom, the word “darkness.” At the top of another such pole, let us write the word “Love” and at the bottom, “hate,” and as we could go on in this way indefinitely, we shall use one more example here, that of “Health” and “dis-ease.”

Now, in consideration of Light and darkness, is it not the self same quality expressing itself in different quantities? (Or at different rates of Vibration?)

For the moment then we can suffice it to say that:

The condition of

Darkness is a lack of Light;

Hatred or lust is a lack of Love;

Disease is a lack of ease or health;

and again we see the meaning of: "*Resist not Evil but overcome it with Good.*"

For would it not be an act of foolishness to fight darkness with darkness, hatred with hatred, misunderstanding with misunderstanding, or disease with disease?

You are now seeing in a more logical light, are you not, what we are doing when we occupy our thoughts with the Real, the True, the *Good*, and why it has been so easy in the thousands of "little things" of daily life to fool one's self for a time by the subconscious use of negative suggestions or thoughts, and then to awaken with a thump or a jolt to the realization of having been mistaken; of having wasted valuable effort and time.

Therefore in as much as the awakening is inevitable, let us be strong enough to face the Truth, the unchangeable, the lasting, and allow our lives to become adjusted to this Reality, not only that the Awakening may be advanced but that the inevitable result may come to us in an enjoyable, beautiful, unforced manner, and in being thus prepared and expectant we are able to attain the utmost benefits and glories to be gained, and need not necessarily grow as does the blade of grass: Upward and then backward to a lesser degree before pushing upward again. Man has the advantage of conscious understanding if he will but use it; if he will but give the ever present wisdom a chance. Was it not taught thousands of years ago and written for us . . . to keep our lamps well filled with oil, for "You Knowest Not What Hour I Am Come?"

Soon now, if you have not already begun to feel the effects of your constructive meditation and realization, you will surely begin to be aware of an added exhilara-

tion, a feeling of renewed life and energy, and at such a time it is important that you be prepared to constantly Polarize your thought forces to the right pole, and thus be able to constructively assimilate and express this great God-given life force in the most advantageous manner, that your progress may be enjoyable and smoothly continued.

The more potent and powerful a thing is the more wisdom must be used in the direction of its use, such as with electricity, dynamite, fire and such forces.

There are but two methods to follow in the use of anything; i. e. The right method and the wrong method; the way of wisdom or the way of foolishness; the way of usefulness or the way of destruction; the way of this ultimate happy condition, this Real Success you are to pleasantly attain, or the way of misery, confussion and failure, which, though it may in ages to come force you back into wisdom, is stony barren and rough, and as we have said, filled with disillusioning mirages.

It is highly necessary at this point that you remember, upon confronting life's so-called daily problems, and keep foremost in your mind, which of the two methods mentioned above you are determined to follow, or more forcefully, which Result, here and now you are choosing.

To fail in ignorance is unpleasant enough, but to fail in knowledge is far less excusable, less easily overcome, so at each turn of the road in life's way, no matter what unexpected obstacle or "temptation" is met with which would lead you into the wide waste track of careless forgetfulness of your aim, your purpose in Being,—Immediately Polarize Your Thoughts: Discern between the real and the unreal, the positive and the negative, the right and the wrong. And here the fine art of "Listening in" to your intuition or "The Wee Small Voice" is to be sincerely, delicately, firmly adheared to. Here it is that one must guard against fooling one's self. Here it is that there is no one else

outside of yourself to lean upon, and more important still "The Wee Small Voice" of God distinctly to be heard within you, does not argue nor "dicker." It is above all such foolishness. It *tells* you. You may hear it only faintly perhaps, if you have been in the habit of ignoring it, but strongly and forcefully, if you have been recognizing and encouraging its guidance. So if there is any mental arguing to be done it is not with the voice of truth which is ever ready to guide you and to protect you, but is with your outer faculties and means that you are not "listening in" sufficiently, or that you are ignorantly trying to fool yourself again.

After quickly determining the right thought or action such as claiming and thus commanding the predominance of the positive thought in place of the negative, of faith in place of fear, the strong in place of the weak, you then have one further safe guard which will minimize the strongest temptation, no matter how flatteringly it may have appeared to your view. This safeguard is found in the most uncommon of common sense assertions:

"*THERE IS REAL SUCCESS FOR ME*, and there is but one Way for me to attain it or Be It, and that Way is for me to Lift Myself Up To It." . . . It is not petty. Be as Big as your Desire Is and You are That.

Do not be a "tee-totlar," a piker in this great game of life, in this garden of good. Be game enough to set your goal high,—up to the real value life has to offer, and then by accepting nothing less along the way, you are bound to reach it, to Be It. 'Accepting nothing less' than the highest good, is absolutely necessary because of the scientific law that nature abhors vacuums and thus something must fill the desire of your soul and with your present determination and the constant aid of all of your facilities, *The Spiritual Law of Good* will not be slow in working for you and in manifesting the results of your efforts.

When one is imagining himself satisfied with merely

little *earthy* pastimes called by himself pleasure, which perhaps brings to his mind a slight, fleeting form of forgetfulness of his present resultant environment, he is bound to find that this unreal, counterfeit for happiness will bring him to a rude awakening for even our outer selves cannot be tricked for very long, and we do not fool God at all:

"AS YE SOW SO SHALL YE REAP" . . . has been written for our aid, our protection, not as a threat.

We must face the truth someday and win, Why Not Now?

So again and again remember your safeguard:

"THERE IS REAL SUCCESS FOR ME," "I AM HERE TO WIN, WIN HERE AND NOW."

Fling this powerful thought into the face of every tormenting doubt and you have already Won. (One-ness).

The man who is nearest to being whipped is the man who says: "There is no happiness in this world." His suffering soul knows better deep within; Something tells him so, but he does not dare to listen; he is afraid that the right way will be too difficult because it has been called narrow, so he resorts to the comfort the fox in the vineyard found in failing to reach the ripe lucious grapes hanging above him and saying to himself "They were sour anyway."

But no matter how nearly whipped a person is, by the use of these few fundamental and logical principles of truth, i. e. First: Merely pouring in mentally or verbally a few constructive positive thoughts to clear up his mind; and, Second: by remembering why he is so doing, (to win) and thus learning the ease, truth and power of it all, any weak, negative condition can and will be, IS being, overcome, and quickly.

Thus to "RESIST NOT EVIL BUT OVERCOME IT WITH GOOD," that common sense statement, does not mean to humor or tolerate "evil," but absolutely contrary . . . to have naught to do with it even to the

extent of ignoring it, by paying all of our attention to the good, the useful.

Do not admit "evil" even to resist it, but upon being confronted with it, (or the negative thought) immediately occupy the valuable space in your mind with Reason, *The Reason* why you are here to win: Because it is DeLightFul, and to fail is Hell.

Some students like to deny the possibility of "Evil" and "Hell;" they have swerved just a little too far to one side on the "Way," and have not listened quite intently enough to their finest reasoning power, thus becoming a prey to a very dangerous condition. Know thy enemy and he is half conquered: "Evil" (negation) and the resultant "Suffering" (or Hell) is not to be admitted, even to resisting, BUT is to be Overcome. Is to be Overcome, Sublimated, Transmuted, and thus the Whole (Holy) Victory (Battle) Won. Won through (the Oneness of) the Good thought leaving no room for the lesser.

It can now be understood that Truth is always paradoxical, and seemingly contradictory, but with fine distinctions, thus making the True Way fine or "Narrow."

DICIPLINE IN THOUGHT

(*A Soliloquy*)

Herein let us each pause to consider the Victory of One of whom we all know, One who has commonly been called "The Man of Sorrow." And that we may not be misled in this regard let us devote a little clear, unbiased, all-to-ourselves, thought and logic to this claim, which in the first place is a negative and weak claim. Ask yourself if there could be a happier, more glorious state of being than to be conscious that death, sorrow and pain had no real hold on you nor your loved ones, and would pass away as but a dream; that God was and Is all Good and was and Is your all; Is all merciful, all Wise and all Powerful and is your all. Even though you were to wear a crown of thorns for a little while, be laughed and jeered at by suffering souls in the dark, who had eyes but saw not, ears but heard not, because of the thick mists of clouds they had gathered about them through ignorance of thought throughout the ages, and this in return for your love and kindness to them; put yourself in the place of one who loved these people as you might love a little brother or sister whose eyes did not see or ears did not hear, yet you would love them, perhaps more, especially if you knew you had the remedy for them. If they were in the dark and you were the light, though they cause you to "Walk through the valley of the shadow of death" you would fear no evil. Though they crucify you without first understanding you, though it took thousands of years for them to begin to understand you, if through this so-called crucifixion, you, knowing that death was not real, was merely a change, a graduation, a release, could leave an unfading light behind you, a fount of life to which all men could come and drink, and thus

being filled with your light, be healed of their pains, be made to see, and be guided safely to Joy and *Good*, yes, back into the very heart of you, consciously and eternally; if you knew all this as Jesus the Christ knew it, would there be much room in your heart for sorrow, even admitting that the earthly road at times was stony, the cross heavy and the cup bitter, once in a while even unto tears. Yet the essence real happiness is made of is deeper set than all of this, and even through the mist of His holy tears, (sometimes even as you and I) I think He must have been most happy, do not you?

For He Said:

“As I Am Ye Shall Become.” Would He have taught this to those he truly loved if He were merely the “Man of Sorrows,” when even fallible parents try to teach their beloved children to avoid their own mistakes and choose a brighter way? He Said “I AM THE LIGHT OF THE WORLD” . . . “I AM THE WAY.”

So perhaps those who have heretofore thought of Him as sorrowful were as children looking at the sun through dark colored glasses.

To be able to be touched by sorrow and yet maintain your inward joy, surrounded by darkness and yet radiate light, yes, to be able to be “In the world but not Of It” is to have Won (Oneness with) all joy, all *GOOD*.

DICIPLINE IN THOUGHT

LESSON NUMBER IV.

(*Vibration*)

The science or Law of Vibration, previously touched upon, includes everything in its limitless scope, as most of you already realize, especially now that so many practical demonstrations are before us, such as the use of radio, television, telegraphed photography, thought transmission, etc.

Vibration in itself can be termed "Life Force." Everything is an essence of this life force and everything has its own rate of vibration.

Most of you know that the wonderful something we call Light is radiated and modified by rates of vibration; that color is formed through the different light vibrations.

In as much as this engrossing subject is so deep, vitally interesting and all-inclusive in its phases, we shall herein strive only to grasp the phase of it which is immediately necessary to our present advancement of understanding along this certain line of thought control.

Light, heat, color, substance, thoughts, conditions, each and all are directly and indirectly, minutely and wholly what they are because of the particular rate at which they are vibrating and thus are changed by changing the rate of vibration.

The high rate of vibration is the powerful, positive, quality while the low rate of vibration is the less powerful or negative vibration. Thus the less powerful or low vibration can be readily overcome by the powerful high rate of vibration.

Heat can be transmuted into light, into different quantities of light by increasing the force of the par-

ticular oscillations or the rate of vibrations. Have you not seen or heard of objects moving so fast that they appear to stand still. Such as a saw in certain mills or the propellor in motion, of an airplane? Such instruments are moving at a very high rate of vibration and are very powerful as a result.

The world's former foremost tenor, Caruso, has been known to shatter a glass as a vibration test, with his powerful tone vibrations, and the writer has seen the lights to be caused to flicker in an electric-lighted ballroom, through a high and powerful tone vibration.

Now to practically connect these facts with our present step or discourse, let us take for example the person who seems to feel ill, physically. And as long as we are confined to our present physical bodies they should be in perfect condition, in perfect harmony with the mental and spiritual; there must be a Oneness of perfection in order to feel perfectly at peace. Where there appears to be physical dis-ease, the life force in the cells of the body is vibrating at a low rate of speed, or in a slow negative manner, thus leaving room for the disintrigating negative element. The pain and seeming darkness of this condition is caused because of a lack of harmony, of light. Harmony and light must therefore be made to predominate by changing the vibrations and in so doing the said illness will have been transmuted into health, will have vanished as does the darkness when the light comes.

In order to speed up these vibrations many people today are seeking the aid of electrical appliances which are all well and good so far as they go, but if counteracted by the great inward Dynamo of thought vibrations, are immediately set at naught, and such is usually the case, for only the healing which is throughout and comes from the Physician of physicians, the source of all electricity and all else, is lasting, in that You yourself have then learned the secret of well Being.

Think then of the advantage right thinking entails

in every instance, no matter at what stage of progression the individual soul or resultant personality is functioning.

Those who feel the need of physical aids find that such aids dove-tail perfectly into the most potent aid of the inner or Spiritual Physician, which real aid, if ignorantly ignored or unrecognized renders all else inadequate and incomplete, and which when fully felt within will heal all wounds automatically. This is not a mere fairy-tale, but is being done many times each day; has been done time after time down throughout the ages. Many histories prove this fact,—the New Testament, and still more ancient and new recordings. But because most souls feel with delicacy the profound sacredness of such contact to so great an extent that they keep silent about it, we do not learn of one millionth of the so-called miracles which could have plainly and simply been told or written ere this had the majority of people been ready to listen to the truth; had there been room in the over crowded "Storehouses" of their minds for the Light.

Regarding vibration and its powerfulness, many of you perhaps have seen the heat vibrations surrounding and arising from the old fashioned heating stove. These vibrations might well be likened unto the thought waves which are continuously surrounding and emanating from each human being. These waves or vibrations change in consistency of course, in accordance with the variance in thought and are called the person's aura.

You have all seen the aura of light pictured around the Christ's or Madona's head, and this too is no mere fanciful illusion of beauty, but is a proven reality, and such auras may easily be seen at will by those vibrating on a high plane of life.

This aura, or surrounding atmosphere of vibrations, emanated from within and thus surrounding each individual, can also be felt when contacted, whether recognized or not. We sometimes say we feel a person's

influence, and may in such a case either be helped or hindered by these contacted influences in a haphazard blindfolded manner, unless we are prepared to recognize them for what they really are and thus thankfully bask in the light of some souls and yet protect ourselves from the discordant, discolored, unhealthy vibrations of others.

The souls vibrating on a high plane have no fear of contacting low vibrations and no one need be affected by such contact at any time after realizing the science of protecting the soul, and which soul is well worth protection, for is it not of God, and:

"WHAT PROFITETH IT A MAN THOUGH HE GAIN THE WHOLE WORLD AND LOSETH HIS SOUL?"

This much needed protection is obtained simply and surely by raising ones own vibrations in the aforesaid manner of consciously recognizing and claiming the good within you, as explained:

"I AM ALL LIGHT," "I AM ALL LOVE," "I AM A RADIANT PRESENCE OF DIVINE PERFECTION AND PROTECTION HERE AND NOW," and "IT IS THE FATHER ALMIGHTY WHICH DOETH THIS WORK FROM WITHIN."

Thus realizing your Oneness with your creator, the reality, (the Super-Conscious realm), an aura is emanated about you which can not be affected by the lesser powerful quality any more than the sun could be affected by the earth mists. You thus encircle yourself with a protective shell of life force, of Spiritual light, which is not only a protection to you but is a healing source to all about you as well.

At this point you may wonder why it is you sometimes feel the influence of someone who is "Distant" from you, physically.

The scientific world agrees upon the proven facts that—First: energy follows the thought, and Second, that everything moves in circles, and finally in this illustration, that there is no reality to distance, which

later statement is readily believable to all since the practical demonstration of the success of "radio," which helps this everywhere-present condition to be grasped.

Thus as sound can be tuned into instantaneously from any point, so can thought waves or personal influences be tuned into, contacted and felt from any point by thinking of the object or condition. Is it not important then that we think of only the high, helpful, and the beautiful?

It is not only important that we keep our vibrations high but it is absolutely necessary if we do not wish to be tuned into by those who might think of us and are living in a low base sphere. Because:

Thoughts move in circles, and instantaneously. If you contact a low vibration by thinking of that person or condition, your thought is immediately returned to you. Though you thought beautiful thoughts, still your thoughts have been "touched" so-to-speak, and immediately it will be necessary for you to raise your vibrations again. So it is, if a person vibrating in ignorant harmful thoughts, thinks of you who are on a high plane, he is immediately helped by such contact but such help is counteracted by the force with which his harmful negative thoughts rebound instantaneously upon him, and you, though having been contacted by his thought receive it not, nor are you affected in the least by it. Thus one keeping himself on a high level of thought constantly, need have no fear, but we must realize and constantly remember the importance of keeping "on top" in this sea of thought lest in a weak moment we sink to the level of the negative currents below, and unconsciously become swamped in the distress thoughts of the universe.

So you see it is possible to unconsciously tune into unfavorable influences by allowing one's vibrations to become lowered, and at whatever rate you are vibrating, in that thought wave of the universe are you living.

The fact that your vibrations are felt everywhere excepting by those more powerful, vibrating higher, than yourself, can be illustrated by the description of a pebble thrown into a lake:

Perhaps you will remember that this contact of the pebble with the lake surface causes ripples or tiny wave vibrations to emanate from the spot contacted, which ripples or vibrations continue on until they reach the shore, but MAKE NO NOTICEABLE IMPRESSION OR HAVE NO AFFECT UPON GREATER RIPPLES. Thus it is with thought vibrations though more ethereal and instantaneous.

Our next step is to warn the foolishly ignorant and to comfort the fearfully ignorant regarding those who have grasped only enough of the truth to imagine that they can misuse it, or that they can "Break the Law," the unbreakable. We have explained that "A little philosophy" sometimes clips angels wings, and such is the case when one under the imposing title of "Black Art" delves into the practice of bumping his head against The Law. Strange that children oftentimes enjoy playing Pirate, but they outgrow it, and such ones as spoken of above are truly children in great danger of touching a live wire.

In realizing that thought transmission is possible and that thoughts are powerful, unthinking or misguided ones might try to contact personalities for their own personal selfish gain, or for curiosity's sake, as explained before, or even in the lowest stages of ignorance for plain harmful purposes.

Such a person never harms anything but himself, unless it is that he temporarily affects with a slightly unpleasant influence the ones vibrating on his plane, but such vibrations are low and weak and "unreal" with no power excepting to rebound upon the sender with renewed force to teach him the folly of his ways. For "*Sorrow lasteth but a night and Joy cometh in the morning,*" and the low vibration is not pleasant enough for anyone to remain in it, even in ignorance of The Law.

Anyone living on a high plane knows either consciously or subconsciously the danger of thus trying to misuse The Law; knows that all things move in circles and whatever is sent out is returned, must be returned, though in perhaps an unrecognizable form.

Thus anything but the highest quality of thought sent out by one would indeed be foolishness to say the least, and more people are in Hell today through this attempted misuse of The Law of Good, (and mostly unconsciously,) than can be estimated here. *FOR THE LAW OF GOOD CAN NEITHER BE BENT NOR BROKEN.* Hence the stars in the heavens keep their courses, the season comes in due time, and You and I Are.

Anyone who has delved in "Hypnotism" well meaningly or Otherwise, knows that by the mere assertion "*He Can't,*" no transgressing can be accomplished in any way shape nor form.

Then there are some, who in all sincerity, blindly, imagine themselves to be doing a Christly work if they are happy in being able to merely help anyone. I have seen cases where so called healers were in their "Seventh Heaven" in imagination, if they were called upon to "work" for someone, and thus display their "powers," and yet such ones wonder why, with "all the good" they think they do,—why things are not brighter for them.

It is because of the fact that they have not taken any time for introspection, to look within and discover, without fooling themselves, with the delicate discernment we use upon others, whether or not their inmost purpose is negative or positive; whether or not they of themselves wish credit or acclaim or are finding their real joy in knowing that *Good Is*, and that "IT IS NOT I BUT THE FATHER WITHIN WHICH DOETH THE WORK." Where this knowledge is complete and the purpose sincere, there will be no doubtful complexes.

And again there are those who try to enter the domain of another's mind or thoughts, in the misguided thought that he can help the other without the other desiring or requesting it. But such is not the case, and any temporary help which such an erring one may steal into the others domain, because it is not understood by the receiver and thus God is not recipient of the thanks, is not lasting, but harmful to the extent that it misleads, and to the extent that it is harmful will the ignorant would be well-doer pay.

One has no more right to enter the mental domain of another unasked than one has to enter the earthly home of his neighbor and because the cause is much more subtle and important, the result or punishment is far more potent and to be avoided.

Many people are today, spending so much time each day to a form of concentration, through which they imagine they can make a better job of the universe than God has done. They have learned something of their Oneness with God and thus rather than relying upon the Great Cause swerve again too far to one side of the path and try to lift the World upon their shoulders to their bewilderment and confusion. Admit all good in all things, but do not try to interfere personally with The Law.

Jesus the Christ was known to ask, before healing the sick: "Do You Believe;" was never aggressive in forcing his Godly powers upon anyone and was always careful to not mislead them by telling them: "I OF MYSELF CAN DO NOTHING. IT IS THE FATHER WITHIN WHICH DOETH THE WORK."

Thus we comprehend that Right-use-ness, (righteousness) is not a bugaboo to be feared as a limiting dogma, but is a secret of uncommon common sense, the pass-key unto the heaven of our real desires.

"BLESSED ARE YE WHO HUNGER AND THIRST AFTER RIGHTEOUSNESS."

* * *

Now in realizing the potency of Vibration, it can readily be seen that there would be an advantage in "The Spoken Word" used in conjunction with the thought affirmation and Realization. Hence in refilling and cleaning the "inkwells" or "storehouses of the mind," it will be well, whenever possible, to speak "The WORD" aloud, or even in a slightly whispered tone, thus completing the circuit, the contact from manifestly-without to the innermost Spirit within, and at once be prepared to manifest outwardly the living picture of the thoughts registered within, for

"AS A MAN THINKETH, SO SHALL IT BE UNTO HIM."

DICIPLINE IN THOUGHT

LESSON NUMBER V.

(“THE WAY”)

We are now well onto the “Straight and Narrow Way,” to the surprise of many, because after contacting It, we have found It to be so beautiful and delightful, that it was easy to disregard the fact that it was hard to find, and has perhaps taken many ages.

“NARROW IS THE WAY AND FEW THERE ARE WHO FIND IT”

Yes, “Narrow,” not mean;

Beautiful, not ugly;

Delightful, not somber, solemn and “long-faced.”

“Narrow” in that it is a finely defined way and to be happily kept to, one must not swerve to the right nor the left in indulgence of judgment in using the wisdom presented to us by our intuition, (“The Wee Small Voice”). Thus it is also called, for our instruction and guidance, “Straight;” that we may follow and taste of real joy; not for any hinderance to the much talked of “fun.” “The Straight and Narrow Way” is nothing but fun, excepting when we swerve, but it is a “Good Sport’s game and it takes a “Gamester” to play it.

But “Few there are who find it” because it Is Narrow in a sense, and the following of it takes fine discrimination all along the Way between the counterfeit and the real; the crude or gross unfinished product and the real, ready-for-use product, between the wise and the foolish, which as we have said are so closely related, making the discernment fine,—the Way narrow.

“Straight” because it takes a disciplined mind to be able, to keep the path, the Way, without missteps (misthoughts) which sometimes lead one miles and

miles, (yes, years and years) into the wrong direction, through BROAD stony ways, pathless-tracts, desert wastes wanton with beckoning mirages; yes, on and on, until "THE WAY" is found again.

"*THE WAY*":

And has anyone ever discovered more than the *One Way*?

No. Dear souls have traveled man-made paths, broad yes, and unmarked by other than tombstones of sorrow, doubt, disappointment and confussion. "Fools walk where angels fear to tread." Souls have been brave, seeing no other way, and well, for bravery has been needed, is even now needed in gaining this discipline of thought, in the guiding of the heretofore untrained mind into the One and Only Way.

Bravery and courage have been well won and are great aids when along The Way, when from the miserable ones on all sides of you, as yet perhaps not quite prepared to see the meaning of your Light,—your kindness might be accepted as unkindness, love as jealousy or hatred, wisdom laughed at or sneered at as foolishness, by the suffering souls still in the dark broad waste tracts.

Yet Remember; and by remembering your safeguard of right thinking you are protected and well on as it was The Way to Eternal De-Light, and again, only by letting Your Light of Control, Forgiveness and well-Being shine, can you help these weary ones out of the dark.

LET YOUR LIGHT SHINE and all who see it will know what He meant when He said:

"I AM THE LIGHT," I AM THE WAY."

DICIPLINE IN THOUGHT

LESSON NUMBER VI.

(*What is Forgiveness?*)

Now in this schooling of right-thinking, out of which you are to graduate into the Life of REAL SUCCESS, it has been stated that One must learn to Forgive.

Let us stop here a moment to consider the depth of this accomplishment.

How easy it is to say mentally, "Well, I'll forgive him," and yet inwardly sting with the smart of some harsh, unkind or perhaps brutal attack.

So let us have it clearly understood at this point that forgiveness does not entail that "wishes-washy" state of mind wherein one passively tries to overlook onslaughts and insults or slights, and goes on repressing the inner fire, which having not been transmuted either burns the repressor up physically, poisons his blood, or finally explodes mentally, like unto a tea-kettle over-full of steam.

What then is to be done to truly effect this transmutation of enrgy into the constructive, upward-and-onward channel?

Of course to claim, "I AM ALL FORGIVENESS" regularly, creates the proper environment in the "storehouse" of the mind for the outward accomplishment and through this suggestion and realization, the mind, soul and Spirit are clearing the way for the perfect accomplishment of Forgiveness in any case of need. And here, there is one more point to not be mis-regarded; that is: *What is Forgiveness?*

Is it the act of overlooking? No.

There is but one way in which one can truly forgive, and that One Way is to Truly Understand.

Therefore it might be well to henceforth use the thought of "I AM DIVINE UNDERSTANDING," and the thought of forgiveness will never need to enter the mind. It will have been done, when understanding is come.

Without understanding, Forgiveness is as impossible as to drink without water, and when understanding is gained forgiveness is automatically born.

Thus the wisdom of the words "YEA, SEVENTY TIMES SEVEN" in reply to the query of the people as to how many times they should forgive those who had misused them. And is it not logical that we should understand, and thus be able to act wisely, rather than burn ourselves up with anger, or poison our selves with hatred? Who could bring good out of that?

YES, SEVENTY TIMES SEVEN SHALL YOU UNDERSTAND!

As examples here let us consider the practical case of a fretful child striking at its nurse.

What are we first to understand in such a case?

First: That the child has somewhere, sometime, learned the mistaken attitude of "resistance", of rebellion.

Second: We know that the child is in need of gentle training, proper care, of *living examples* and of LOVE. In speaking of love let us not confuse it with weak indulgences of the child's judgment, but of Firm, Wise and Unselfish care.

So in this easily understood case, Forgiveness is present without having had to be thought of.

Now let us consider the other extreme. Say when a person has wilfully premeditated a hurt for another.

In the first place, rest assured that if you keep well to the path, The Way, there will be no such vibrations contacting you, (as hurts).

But in realizing that some are so far in the darkness of their ways that they see not the foolishness of aiming to hurt, do you not now see them in the true light of a misguided soul, a misled child of ignorance, who is aiming his weapons straight at himself.

Pause to consider that perhaps his mental "storehouse" is overflowing with past bitter experiences and misunderstandings, and that he is existing under a tremendous mental pressure or strain.

It at least would be foolishness for you to get down into the mud and mire of hatred with him would it not, and yet passively trying to close one's eyes to such conditions is not necessary.

Take time to realize that there has been some cause for this resultant blindness of soul. Immediately raise your vibrations, thus protecting yourself and enabling you to deal with the situation at hand firmly and wisely, constructively, and incidentally opening the eyes of the offender to the Light of true strength, true control and wisdom.

In understanding it is not only easy but the most natural thing to say:

"FORGIVE THEM FOR THEY KNOW NOT WHAT THEY DO," or to say to thyself: UNDERSTAND THEM FOR THEY UNDERSTAND NOT.

As one further example, ask yourself if it would be fair to judge an apple tree by tasting one of its green, unripened apples. We know that when the apple becomes ripe and mature it will probably be a perfect apple, do we not?

So it is with many souls and conditions we meet in life. Recognize them as probably in the embryo, unfinished state, and they will cause you no discomfort.

And yet again, since the Creator alone knows just what conditions and experiences have caused these results, it is well to remember in our lesson of Understanding and Forgiveness that many apparent obstacles along The Way may be great blessings in disguise and it is always safely sensible to "JUDGE NOT LEST YE BE JUDGED."

Let us thus guard against the unnecessary sorrow of hasty judgment as was the case with the miner whose most faithful friend was his dog.

One day the dog seemed to have gone mad as they were traveling along the dusty road, and in fear for his life the man closed his eyes to his feelings and shot his little pal, only to find immediately afterwards that the dog had been trying frantically to warn him that he had dropped his bags of gold back along the way. A monument was erected for his dog, but his good friend was gone.

DICIPLINE IN THOUGHT

LESSON NUMBER VII.

(*Suggestion*)

One of the most powerful and one of the most misused laws of life on this earth is the law of suggestion.

It is through negative self-suggestion that the act of "fooling one's self" is often attempted.

It is through Divine-suggestion of the Reality, the True, that Heaven is gained.

It is through auto-suggestion, the reflex action and subtle habit of accepting thoughts, that we live or die in his sphere.

We are now becoming well trained in this matter of suggestion and of accepting only that which is Real, is Good, is True, and we have spoken of the different states or strata of mind in this relation; that is, the conscious mind, this "Knowing that we know or thinking that we do not know" stratum of mind, and the subconscious realm wherein all accepted suggestions, memories, experiences and race thoughts dwell, and the real You, or Super-conscious realm.

We have decided that where there is wisdom there must be a head, a Master, and that YOU are henceforth to be that Master of your soul, guided and guarded of course by the voice of The Spirit, the REAL YOU.

It is plain to be seen that in a household without a wide awake Master, the servants would ignorantly rule. So it is with you and your faculties.

You realize now that only positive, real thoughts are to be allowed to enter into your Being. But let us realize at this point how very wide-awake one must be to guard against letting in the old habit thoughts

which are so often dressed in the guise of good, since each phase of life which you contact makes an impression upon this mind of yours in accordance with your acceptance of the thought in a negative or transmuted positive manner. In other words, is either allowed to enter in the old careless manner, causing fear and inharmony or is now analyzed and where necessary, transmuted into its basic form of good.

For instance, the advertisements you see daily in the newspapers or on the billboards too often make negative suggestions to the mind if not counteracted when contacted. And the ordinary friendly group of visitors too often gain their entertainment by dwelling in thought and conversation upon the ugly, destructive, fearful side of life. Every picture, mental or physical, thus presented to your view is registered by the delicate film of your perception and is reproduced for you in accordance with the degree of light or darkness the mind is filled with at the time.

If you have been constant in keeping your vibrations high, you will automatically transmute every negative suggestion that is made before letting it register in your mind. But in the case of previous neglect, immediately, upon being presented with such a picture or thought, REALIZE and claim your REALITY; that your very Life is God's is all Good, and that where there is the Light of the Spirit there is no room for discordant conditions, no room for fear nor imperfection. Command yourself to keep awake to the Truth and you are instantaneously manifesting the Spirit of God.

Yes, in such constant, awakeful Realization, you are one with that White Light of the Spirit which has caused the lame to walk, the blind to see and the dead to rise again.

Remember that to pack a donkey with bibles does not make a saint out of the donkey, nor does the fact of having ones tongue gullible with reasonable sounding words make one wise. Wisdom oft times comes

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from the mouths of babes, it is proven, and therefore do not lean upon anything less than your inner guidance, being sure that it is the Spirit which is being heard and not the arguing mental faculties which as yet may not be entirely at Oneness with the Spirit throughout.

Rules and regulations change yearly and with the seasons, but The Law of Wisdom and Truth changeth not, so depend upon nothing less.

UVA
VIA REGIA
U. D. O. S. S.

DICIPLINE IN THOUGHT

LESSON NUMBER VIII.

(“*Little Drops of Water and Little Grains of Sand*”)

It is so often found to be the case by the highly evolved souls that it is the “Little Things,” the seeming petty and earthy things of life that undermine and are most hard to conquer.

The big tests are oft times expected and prepared for, thus being half won before being met with, but the little things are so often unexpected and thereby demand quick thought and action, and it is here that we might well be cautious in “Being square with ourselves.”

In order to keep our vibrations high we must win constantly and not alternate from the high peaks of hope to the depths of despair. How could we keep polarized within with such outward conditions raging?

Therefore as each problem or daily test, as we may call these experiences, faces us, let us keep to the “Straight and Narrow Way” in that we in a calm, poised, “unswerved” manner, look the situation “Straight” in the eye, and be unmoved by any possible resultant glory or seeming dishonor.

Analyze the possibilities of success or failure in the desired results in a truthful manner with yourself, inspecting every “weak link” of the chain of events which would win or lose for you.

Then having faced the situation from all angles, after having become to know it well, it will not seem one half so vast and all important to you. You will be able to deal with it in a more sane and friendly attitude. It will have lost its great power of frightening you when you realize through thorough acquaintance

with its possibilities that no material situation holds Heaven or Hell in its hands for You. That no outward gain or loss can rob you of your true inward Realization, which can turn the darkest Hell into Heaven and which laughs at mere earthly gains or losses.

In this strongly fortified state of mind, you are ready to exert tremendous effort toward the accomplishing of the desired result (which at this point of your understanding of necessity must have appeared as a *truly* good result to you) and this effort can then be extended without strain.

There will be but two possibilities now; either you will win the desired result, or in spite of your apparent logical reasoning, the desired result was not the highest good for you at that time.

Realizing this, it is impossible for you to do other than win, for WINNING OR LOSING, you have WON,—(Oneness),—Peace of mind, unfailing courage and wisdom for the Onward-and-Upward WAY.

DICIPLINE IN THOUGHT

LESSON NUMBER IX.

(“*Home*”)

There are those of you who perhaps have been studying or striving in this line of advancement and accomplishment for many years; have read, searched, studied and practiced various forms of so-called “New Thought,” and yet find yourselves face to face with an unsolved problem of seeming great weight.

To you let me repeat: Truth is always simply sweet, reasonably logical and delightfully wholesome and refreshing when understood or when presented in the proper clean and uncontortioned manner, and for you it is now very important that you remember that only that which you yourself can prove in your daily life, through the comfort of soul obtained to be of actual benefit to you,—only that is truth to you.

So perhaps it would be well if you feel overburdened with rules and by-laws by which you have striven to attain the Truth, the peace and haven of comfort and joy which leads eternally upward-and-onward, to, figuratively speaking, stop a moment; lay aside all theories or prejudices, and then face yourself squarely alone. See yourself *just as you are*, just as you feel. Lay aside all camouflages; do not be afraid to face the truth. Now let us try to find just what it is you need right now.

As each creature in this world has his own individuality, different from any other individuality, it is possible that the Creator of You knows something for You which no one else can tell you. Perhaps it would be well at this advanced stage of the game,—at this well trodden point in the pathway, to try to take the big

step, the delicate fine step only attained by those well onto *The Way*; that is: to try to realize that whatever has been proven, whatever has been labeled, whatever has been denied, whatever appears to be true to you now, there is an underlying *Law*, a something limitless, omnipotent, omniscient, and omnipresent, yet all wise, all knowing, all merciful, with an all seeing Spiritual Eye, an all Loving Spiritual Heart, an all knowing Spiritual Head and a Spiritual Centre from which to emanate into infinity, spaceless timeless infinity; yes, all of this, yet more; all that anyone can conceive, yet more; more than any other than a Christ in complete Oneness with this Law can understand.

This Law of God, call it what you will, IS; proves itself to be in that YOU ARE, I AM and LIFE IS. Your personal idea of it, or mine, changes it not, but such ideas do change you and I; do draw us either closer, more in tune, or lesser so, with the Good.

So, would it not be well, dear soul, for you thus situated, to "let Go" for the moment, of all preconceived ideas and let the truth of the strength of the mere exisence of the Law rest you for just a while . . . and then, no matter how short such a pause has been, when next you commence your journey, you will find as truly as day follows night, that you will have been baptized in a Something, call it what you will, a Vibration, an Aura, which will allow you only to pick up the thoughts amongst those laid aside which are truly light and of use to you. You will find that you are not so heavily burdened even after a most brief pause of this kind.

We call it a pause, but we know now that the greatest advancement, such as with a substance vibrating at such a high rate of speed that it appears to be standing still, may thus be obtained, with a resultant effect never to be lost.

Therefore, "LAY YOUR BURDENS AT MY FEET," He said, "AND I SHALL GIVE YOU REST."

The truth of which is so easily proven not only in extreme, miraculous cases but *here and now and always*.

It has been well said that 'It takes a Christ to understand a Christ;' one in complete Oneness with God to understand God.

So in remembering that *what is—IS*, irrespective of how you or anyone else understands it, and that your understanding is your own business alone, your own rate of progress, your portion of *de-Light*,—in remembering this, it enables us to be tolerant with all beliefs yet humbly, graciously eager for more of the Light.

Those who argue about whatever or wherever God is, might remind one of a story told of three blind men who came upon an elephant in their travels, for the first time. One at the back of the elephant touched its tail, one touched its side and the third its trunk. After leaving the elephant and having been told its name, the first one declared that if that were an elephant an elephant is:—and he described an elephant's tail. Another said, "No, No, you are entirely wrong," and he described an elephant's side, which to him was true, while the third emphatically declared that his description of the elephant's trunk was the only true statement. Thus they quarrelled and separated.

So let us strive to be open to the wholeness (Holiness) of Truth, which will, rather than confuse, smooth all of the ruffled waters of doubt and misunderstanding.

We are not trying to label the great Law of God, or God, yet let us not hinder our progression by prejudiced preconceived ideas which though perhaps true in part, need more enlightenment. And above all else, do not give up anything understandable to you for something which does not seem to be clear.

Some, less ready for this lesson may say, but what more could there be than my studies have taught me of everything being God?

To one with their forces and thoughts so scattered, my heart goes out. Think well! Could there not be

more? Something more which is all inclusive, yet which takes away the un-reachable, intangible confusion which such a thought *alone*, in its incompleteness produces?

Thus it is that "A little philosophy clips angels wings," if left incomplete, misunderstood.

Listen well: My body is me; my sight is me; my soul is me, of course, yet GREATER THAN THIS,—MY BODY IS MINE, (and in the true sense of the Word, is God's); MY SIGHT, MY SOUL, MY ALL, IS NOT ONLY ME BUT MINE, thus making me more than all of this.

This universe, the universes are of God as my parts are of me, yet GREATER THAN THIS, THEY ARE GOD'S.

Herein lies the treasure chest for those who are ready to partake, and those who are thus prepared will be those who can even now feel That Something permeating their being with the Almighty, Holy and all Powerful Spirit of Good. And through this recognition, this reason, this logic, this plain sweet common sense, is now being born—anew, *Love*, for how can we feel this comfort, this strength, this Light, this Life, without loving the source from which it came.

Though as yet, perhaps, we see It not in its entirety, in Its heart, Its center, yet we are well on The Way, The Way of The Cross, the Cross of Light, encircling all things in its limitless scope.

Though Man is in God, and God in Man, in all Good, yet this is not all. There is no limit to the all, and as these truths dawn upon us we will realize that the thought of limit is impossible.

"IMPERSONALLY PERSONAL" as written in one of the most ancient "Vedanta" philosophies is one of the most anciently and yet ever present proven scientific facts regarding our Creator, ever to be versed, and one of which we shall understand more as we seek it in all sincerity of purpose and purity of heart.

This fact, as was the elephant to the blind men, has been argued, worried and quarrelled over as though in so doing that would bring the Light. Yet, dear ones, dearly beloved of your Maker, the Truth has remained unchanged, unharmed, eternal, complete, simple, and as the Magnate of magnates, leading You and me back into the Light of lights.

Let us at last keep to the road, "THE WAY," pointed out to us so long ago, by which we may meet and love one another and happily find ourselves—to Be—, AT HOME.

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